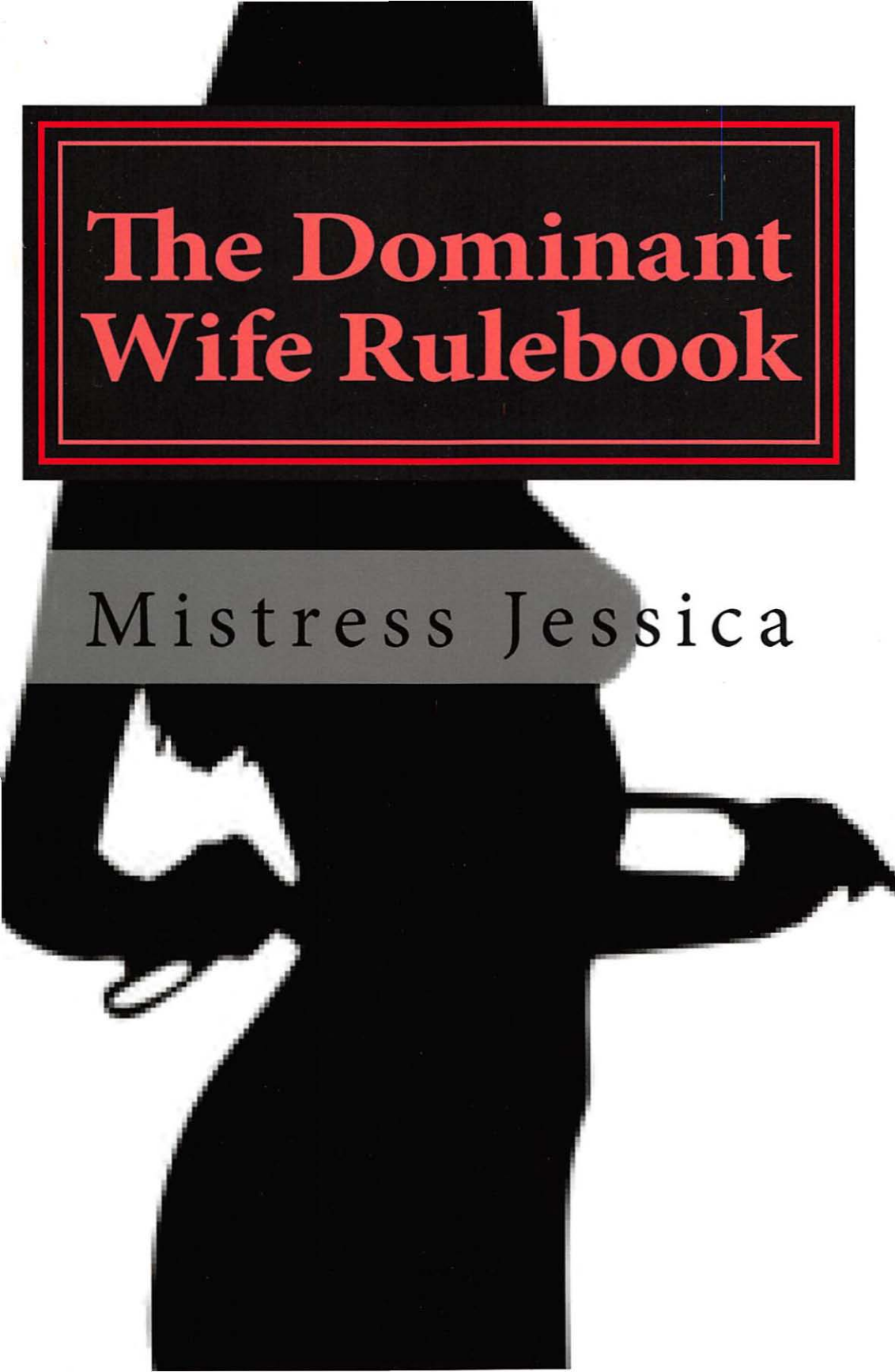


A black silhouette of a woman wearing a wide-brimmed hat and a long, flowing dress. She is holding a long, thin object, possibly a cane or a whip, in her right hand. The silhouette is set against a white background.

The Dominant Wife Rulebook

Mistress Jessica

The Dominant Wife Rulebook

“guidelines for the submissive husband”

By: Mistress Jessica

This book is for entertainment purposes only

The idea is that with good communication between partners, healthy role playing can be obtained by both parties consenting and agreeing on each role they will play during this time. As with anything respect for both partners is adamant and expected by all involved.

Safe words and Safe Gestures should always be employed to ensure that the submissive person has a way regardless of the situation to be able to communicate with the dominant person, these and all ground rules should be set up prior to any role playing of any kind.

You and only you are responsible for your actions.

Have fun, but play safe!

Introduction

What it is all about

This book was undertaken after a number of years of service and research; it had started out as simply a small list for my submissive husband when we played some role playing sex games. He would assume the role of the submissive husband and I would assume the role of the Dominant Wife, we had quite a lot of fun during these times. As we progressed we found that certain rules needed to be added or modified to fit the situation accordingly so the list was modified and updated quite a number of times, as new situations came about we found the need to add new rules to the list. It wasn't long before some of the rules started to find their way into our regular vanilla lives as well, and after playing around with these rules finally decided that the rules should be implemented full time. At first my husband was very apprehensive of this as this would be a twenty four – seven situation and he wasn't sure if he was ready to give up total control of his life to me, but as I brought up that we had taken marriage vows and we had both agreed to love each other for better or worse, I let him know in no uncertain terms that I found this to be better for me and worse for him. He knew that he was submissive and he knew that he enjoyed serving me in what so ever capacity that I deemed fit. He eventually capitulated to my demands for full time service and has since grown to love his position which is beneath me at all times.

Now before you get the wrong idea, I Love my husband more than anything on earth and I would never let anything come between that Love for him, he is my world just as I am his world. Simply because we enjoy this particular way of life does not make me a bitch and him a slave, though there are certainly times when that situation does arrive and of course I come out the winner and he the loser, but you will never find a relationship more closer then what we have between us. We have been together now for over ten years and we had the same type of issues as any couple would in the beginning, poor communications, inconsiderate of the other, blame games, jealousy, you name it we have been through it. Since we altered our relationship a number of years back we found that our level of communication has improved dramatically, we no longer play games, the jealousy thing still pops its ugly head up now and then but only during very specific situations which we can get into later in the book.

Obviously this style of relationship that we have now in our lives with me being the Dominant Wife and he being the submissive husband is not for everyone, both parties need to be mutually accepting of their positions in the household. You cannot make someone submissive and you cannot make someone Dominant just because you want them to be that way. I have found that people have a natural way about themselves and when presented with the opportunity to explore that particular side of themselves, can find a desire to experience more of that type of lifestyle.

One other thing if your relationship is not a solid one as a couple to begin with then entering into a lifestyle such as this can have many pitfalls and can lead to hurt feelings between partners as well as resentment if you do not enter into this lifestyle properly. That can mean quite a few different things to different people. Just because you have a submissive husband does not give you the right to be a nagging bitch all the time to him. Your partner needs to know that you love them and that the Dom / sub thing is the icing on the cake, it is certainly not the cake itself. They need to know that they are solidly your partner no matter what happens that you are not going to leave them because they are submissive to you. You need to understand that you cannot take someone's submissiveness, the submissive has to choose to give that to you, and it is a very strong bond of trust that the Dominant person is given when a submissive partner gives control to them and it is not something that should be taken advantage of in inappropriate ways.

Too often I see a Dominant partner thinking they have all the power in the world and can do whatever they want and there submissive will just take it, well as stated above that is because the submissive gives them that power, and I have seen a submissive take that power back quite easily simply by removing themselves from the Dominant's control, I can't say enough about how the Dominant person is literally built upon the submissive willingness and love and trust to give up his power to the Dominant.

Enough said about all that stuff for now.

What you will find that follows this introduction is a set of rules and information that you can adhere to in your Dominant / submissive relationship or not. If you purchased the actual book rather than the E-book, you will find each page has the rule listed and a check box for "Yes" and "No" so that you may start off slowly implementing new rules when either an infraction of that particular rule is encountered and needs to be dealt with by agreeing to adhere to the new rule, or say when the submissive has too many minor infractions and because of that a new rule needs to be added to the submissive list of rules they will need to adhere to. Kind of like you do something bad then you have a new rule in your life. It can be quite a lot of fun, just sitting down and reading a rule and each time a new rule is added the submissive life can change dramatically because of it.

How you implement the rules or not, is entirely up to you, these are just guidelines, things that we have found have been fun and work well in our relationship, feel free to alter or change a rule to fit your own situations. We have even included a number of pages for you to add your own specific rules that you may have that is not included in our own rules. What you have in the end is pretty much an owner's manual for your submissive husband, what better fun can there be for a submissive husband to know that in his house is a book of rules that he must follow else he may be punished by his Dominant wife. I personally like to leave the book lying around the house just so my submissive husband can see it and know that it is there.

Her word is the Law!

This is always the most important rule of the Female led household, and if you notice there is no check marks for this being a current rule in your household because if you don't abide by this rule in and of itself then you are not really living the lifestyle that this book is written for and you should stop right now and figure another way to amuse yourself.

I mean if you are not ready to accept your wife's word as the law, you are not ready to be submissive, because quite simply put the rest of this book is solely dependent upon you accepting this right from the start.

What follows in the book is simply ideas for you wife to implement, sort of like a clarification of this first and foremost rule. If she tells you that from now on it is your responsibility to take the garbage out of the kitchen and to the garbage can, she is giving you instructions and you will obey her every command. The above statement should be no different than if she told you to get on your knees and suck off the mailman, you would do as you are told and capitulate to her every desire if you can't say no to the garbage then you can't say no to the sucking the mailman either.

You may think this is all a game but in reality it isn't for a relationship to be successful there has to be some rules and like I said above this is the most important and non-negotiable rule.

Are you truly ready to accept what your wife says as the law, can you accept that and give up control over your own life and give that power to her? I know that you can, after all you already probably take the garbage out so what would it be to do the other things for her I mean you want her to be happy, you want to serve her, you want her to be pleased with your performance don't you. You Love this woman, she is everything and as such you should be willing to do anything for her to make her life easier and more satisfying. You will even give up your own pleasure for her pleasure that could mean not watching football on TV on Sunday but instead go shopping with her or to some chick flick movie if that is what she desires.

No Arguing!

Here is another rule that is not open for negotiations; the submissive husband is not allowed to argue with the Dominant Wife, for any reason what so ever. It is not good form to allow this and any infraction of this needs to be dealt with plain and simply with punishment, specifically I insist that it must be a beating of some type. Even little arguments need to be dealt with severely. The submissive husband must understand that by giving up his power and control he must capitulate to the Dominant Wife in all things that she decides regardless if he agrees with them or not. The fact that the submissive husband talks back or raise his voice means he has not given up his control and will need to be punished for this, I prefer to spank his ass with his own belt for this type of misbehavior.

Listen!

It is so important for your submissive husband to listen to you when you want to talk, and I mean eye contact, engaged the whole works. You want him to give you his full attention, regardless of what it is you are talking about. If you want to speak with him about the butterfly you saw on your way to work he needs to be all ears.

If you find him lacking in this nothing says pay attention than a few goods smacks to your submissive husband's ass while he is lying over the arm of the couch with his pants around his ankles.

You will thank your Wife for the discipline and punishments you receive.

You are probably thinking why, what difference does it make. It makes all the difference, the submissive husband must understand that you are doing this for his own good, that if is able to perform his chores and abide the rules you will not have to punish him. Of course it also makes it a little more humiliating for him to have to do this and that is the part that I have always enjoyed personally.

No Lying!

I would think this one would be obvious but sometimes it is not, he needs to be completely honest with you in all things. And I mean all things.

If he did something wrong he needs to accept that and tell you about it so that he can have his punishment and feel better for not keeping anything from you.

In the beginning of this transition the submissive husband should be given the opportunity to express all of his secret and most desirable fantasies no matter how dark or how outrageous. It is important to for him to be upfront and regardless of what they are, after all they are just fantasies you should not as the Dominant Wife be upset with him for having them. If he wants to dress up in stockings and a house dress, be accepting of it just as much as if he wants you to take a lover and fluff his cock for him before this lover fucks you. You must accept them as what they are, which is fantasies, it will be up to you as the Dominant Wife to decide if any or all of them should come true.

Now I am pretty sure that I could stop right there and this would be a great book of truths, I mean after all if your husband just did the things mentioned above I am certain that the relationship would blossom and bloom into something wonderful, and there would be no need to continue, but alas that is not the case even after all the things mentioned above there is still room for the loving adoring husband we so greatly want to do more to please his wife. Let us face it girls if we are going to dominate him we might as well get a few things more out of it while we are at it.

Don't think you have to do everything in this book for the perfect husband, but the following are some good ideas as a way of making him pay for the pleasure of being dominated. What is domination after all if he only gets what he wants to in the bedroom, there are many aspects of woman's life that could use a little assistance with, I mean we can't do it all by ourselves.

I have broken the book up into a few sections to help guide you I have tried to be thorough but don't be afraid to add a few of your own specific things that would make him feel less then you while doing them.

Let us talk about the benefits for both of you.

For the Wife:

If everything goes as planned and you both participate and communicate you will have find yourself with a loving and doting husband that is there to please you in any way possible. Now who wouldn't want that?

In addition your new submissive husband will be doing all of the household chores eventually and best of all he will be happy about it since it pleases you.

Let us not forget endless back and foot massages, I mean he really can't stop until you tell him he can so once again a benefit for being in charge for being Dominant.

It is all about you, it is about your satisfaction especially when it comes to sexual pleasure you are in the driver's seat here big time. You will decide where when and how, and sometimes even who for that matter. No more sucking cock unless you want to, maybe it is his turn to suck a little cock for your amusement.

Best of all though is the added romance since if you keep him on a short rope or have his manhood locked in a cage, he will be courting your pleasure all of the time since you literally have the key to unlock him.

Now for the man:

The level of excitement will be greatly raised as this is a role playing game that continues out of the bedroom and will play upon his desires and his mind causing him to be in a constant state of arousal. Your energy level and your drive will be keyed up as well since you are constantly being judged so you are focused and on point to be the best you can be especially when it comes to your woman.

Now granted you don't get to orgasm whenever you want and in some cases you may be locked up for extended periods of time, she may tease you and deny you release but when release comes you will know nothing of its like ever, well at least until the next time she says its ok.

Best of all you will have a much happier wife.

One thing that is very important for the Dominant Wife to remember is that it is up to her to “Tell him what you want”.

Don’t be shy about, be direct and very specific, he will be able to accomplish much and not have to ask for clarification if you are specific in your instructions. Don’t think he should know what to do that is just foolish and will never work. You have to assume he knows nothing and from my experience that is often the case sometimes.

Examples of this are:

Go get the lotion. I need you to rub my feet.

Run my bath for me. And while I’m in there get started on the laundry.

Get up, Sweetheart, and make me some coffee and an English muffin with butter.

You did a nice job cleaning the bathrooms; I am very pleased with you.

I want a full body massage for exactly one hour; keep an eye on the clock. When you are done I want you to go down on me until I tell you to stop. Afterwards, we’ll both go to sleep. You won’t be having an orgasm tonight.

I’m going out with the girls tonight. While I’m gone you can work on the laundry.

I have included certain sections and rules that pertain to very particular situations that some relationship diverge into, it is not required and as always you decide what you want to experiment with or involve yourself in. Always keep in mind that it needs to be mutually agreed to and that you should never try and force the situation as this level you could find your relationship in great danger of falling apart if done improperly.

Sometimes the rules and the Dom wife are enough but sometimes you want to go further, two particular things that fall into that category are Sissy and Cuckold. If you choose to enter into this realm do the research and learn what it is about before just blindly going down that road.

So let us talk about these two things

In a cuckold marriage the wife is fully liberated and can experience as many men and as much sex as she desires and with whom she desires. She will know that her submissive cuckold husband will be at home waiting faithfully for her return. He no longer expects sexual pleasure from her even though he may desire it very much, and enjoys knowing that she is satisfied with her learning more about how to please herself.

In this relationship it is only the Wife who is free to have sex with other people the husband does not have any extramarital sex at all. Obviously like I stated previously this is something that both parties agree to, that they have good communication with each other and they understand the ground rules for this to take place.

The Sissy aspect is when the Dom Wife will feminize the submissive husband.

This could be as simple as making him wear female underwear all the time or having him shave his body hair so his skin is smooth like a girl. You can take this as far as you both want to go with it, you can make him fully dress as a woman when he is at home, or maybe only when you take him with a strap on.

I think you get the idea.

Now some people even do both.

Again this is not a requirement in the rule book, just something you need to know is out there and that people do. You make the choices that are right for your relationship.

Non - Sexual Rules

This will pertain to every day conduct.

Rule: All my choices shall be based upon whether or not they will please my Wife.

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

This is something you husband will have to work at, first in accepting this as what he should use to guide his behavior moving forward, then accepting that it is for his own good to always make sure this is followed.

Good examples of this are, things like what shall I watch on TV tonight, should I watch TV at all for that matter. Obviously each relationship is different some women like TV, some women like sports, but other women would prefer there man to be paying attention to them full time, maybe a little foot massage is in order or maybe he needs to practice putting nail polish on your toes.

Rule: Open doors building and car this includes seating, this should be done for all women that you are around.

-
- ☐ Yes
 - ☐ He is not ready for this rule at this time
 - ☐ No

What I love about this rule is it seems so simple one that he should be able to follow with flying colors and he will try but the infractions on this rule can build up so quickly on a day out of the house that by the time he gets home and you administer his punishment for infractions of this rule will pretty much eliminate his ability to sit down if you spank him as a punishment.

It's quite humorous and you may need a little pad to keep track of the infractions in the beginning.

Once he has this rule down you will have a true gentlemen and someone who will be very attentive to you.

Rule: When I am not in the presence of my Wife and I have choices to make, I will perform them to the best of my abilities and within the boundaries and guidance that She has allowed me.

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Unfortunately you are going to have to trust your submissive husband here, well that is until it eventually comes around that he may not have been following this rule and in that case you will have to punish him severely since it would mean that he had been lying to you which is a very bad thing for a submissive husband to do.

Things that fall under this rule are based upon the guide lines you set for your husband, things like:

“Come home right after work” or “Making sure he lets you know where he is and what he is doing and with whom he is doing it”

Of course you can have some fun with the boundaries and guidance depending upon your own creativity

Rule: I choose willingly to be treated as my Wife's property, as long as such treatment is safe and legal

☐ Yes

☐ He is not ready for this rule at this time

☐ No

A submissive husband is only as much of a real man as you allow him to be. In the beginning he should be nothing more than your property, he will have to earn his way to some semblance of a man. This would mean that if you want him to stand in the corner you can put him in the corner, if your legs are tired and you want to put them up you tell him to get on his hands and knees so you can put your feet up while you watch something on TV that you like.

If you want to push him out of the bed so you can sleep more comfortably well he can lay on the floor like yesterday's clothing since they are about the same when it comes to being something more than property.

Rule: If so desired I will wear her mark upon me

☐ Yes

☐ He is not ready for this rule at this time

☐ No

You truly own your husband and he will need to know that so you need to mark him in some way so that he knows when he sees it that he is not his own person.

Marks do not have to be permanent like Tattoo's or Piercings, or Brandings for that matter.

They can be things like you writing on his body with a permanent marker.

You may want to write above his crotch that he is a sissy or cuckold or something derogatory like that to humiliate him further.

Or you could write Property of so and so, I think you get the idea.

You could make him wear a bracelet or necklace or a charm of some kind that marks him as yours, some people like getting a dog tag from the pet store that you can have something engraved upon it signifying ownership.

It's up to you, but I would stay away from the permanent stuff like Tattoos and such until you both really decide you want to go that route.

Rule: I must never show disrespect towards my Wife in any way no matter where I am, in her presence or not

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

I think this is pretty self-explanatory as well interpreted by the Wife as to when it is not being done properly.

This should also be treated as a direct affront if violated and should be dealt with quickly and harshly if violated.

A good kick to the nut sack usually puts him back in his place and makes him think twice about being disrespectful

Rule: I trust my Wife: Her responsibilities, Her skills, Her hunger and needs, and Her concern for my safety, my emotional, psychological, social, sexual, and physical health.

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

When the woman takes over as Head of the House she does take on many new responsibilities upon her shoulders and that is the wellbeing of those in the house. You may think that your submissive husband should be taking care of these things himself but he truly will be giving that responsibility over to you to ensure that these things are managed for him.

You will benefit surely from his obedience but he will also benefit from your ownership of sorts.

He has to give this to you; you cannot take it from him. Once you have it then he is yours.

Rule: Exercise

☐ Yes

☐ He is not ready for this rule at this time

☐ No

As with anything you want to keep your toys in good working shape, and since your submissive husband is one of your toys now you want to make sure he stays that way.

If he is overweight or out of shape well now as the Dominant Wife you can do something about that and put him on a diet and get him exercising, you do after all want to have a good looking toy.

Take him with you to your Yoga Class or your Zumba class, put him in a leotard and tights, that will make him feel very humiliated and not in control.

Either way there is nothing wrong with keeping in good shape.

Rule: Ask Permission to leave the table

() Yes

() He is not ready for this rule at this time

() No

Being the Dominant Wife you have to put your foot down and make sure you husband follows the rules and having him have to ask permission before he is allowed to leave the table is very important in making sure he knows who is in charge.

This could be at the dinner table in your home or at a restaurant or the mall cafeteria. It doesn't matter if he just has to go to the bathroom; he needs your permission before leaving plain and simple. Make it a point as the Dominant Wife to not always give permission; he should never expect to get what he wants so do not always give it to him. He should in reality stay and wait until you are done and ready to leave he is there for your enjoyment and should always be prepared to do as he is told.

As head of the household this is your right, this is a way for him to show and demonstrate respect and loyalty to you.

Rule: Ask Permission to go anywhere

☐ Yes

☐ He is not ready for this rule at this time

☐ No

As with most couples you will not be together all the time, and the submissive husband may have his own hobbies or outings that you allow. It is important again as stated before that your submissive husband asks your permission before going anywhere. This could be to the store or to put gas in the car, or to go hang out with his buddies and out of respect to you his Dominant Wife he must ask you if it is ok for him to go someplace, and as stated before you should not always give him this permission. Especially if he has not been keeping up with his chores, he must understand that they come before his personal enjoyment of anything. It will be good for him to have to call his friends up and tell them he can't come hang out because he has to hand wash your panties and iron them.

I think you get the idea.

You always need to know where he is and what he is doing, don't be afraid to go check up on him from time to time to make sure he is doing what he said he is doing.

What would put him more in his place then for you to show up and say out loud that you were checking up on him, his friends will pick on him about that for certain.

Rule: Ask Permission before spending money

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

As the Dominant Wife you control the purse strings, and as such your submissive husband should not be allowed to buy anything without you're ok. Maybe you don't want him to get that new video game, or spend money on some worthless junk at a garage sale. Simple rules are best, and before he spends any money you have to give him the ok. You on the other hand can spend money on whatever you want.

Just remember there always bills that need to be paid before even you can buy stuff.

Rule: Manicures and Pedicures

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Now you can use this rule in a couple of ways.

1. Your submissive husband will need to learn how to trim and apply nail polish to your nails. I would allow him to start with your toes first as he will need to learn the basic steps, once he is successful at painting your toe nails, then you can allow him to graduate to your finger nails.

This way you can change the color of your nails all the time and the more you do the better he will become at doing your nails.

2. Every so often it is nice to pamper yourself by getting your nails done at the nail salon so why not take him along; he should have pretty nails too. Make sure they put a clear coat on his fingers and maybe if you are feeling naughty you could have them put some color on his toes.

Rule: Being Dressed

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Some may find this old fashion but it can still be something you may enjoy.

You could choose your clothing and then you can have your husband dress you, what better way to worship you then by being your valet and helping you to dress. After all he does need to know more about the clothes that women wear and how they get put on, who knows one day he might find himself dressing in a very feminine style himself.

Rule: Massage

☐ Yes

☐ He is not ready for this rule at this time

☐ No

I can't think of any woman who wouldn't want to jump at this rule, how many times did you ask you boyfriend to rub your shoulders and he does it half assed. Well now you just have to tell you submissive husband to massage your back or your legs or your shoulders. Now he must do it until you tell him that you have had enough. If you are feeling frisky you can work that massage into him between your legs with him licking you until you cum if so make him like you to at least two orgasms but you should not allow him any release. You don't want him to think he will always get instant gratification from doing as he is supposed to.

Rule: How you should be addressed

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Whether you like being called Ma'am, or Mistress, Goddess or whatever it is, choose something and make him call you that from now on, make sure he knows if he should call you that in public or something.

Spanking his hard cock with a ruler will be a good punishment for making sure he calls you what you want him to at the appropriate times.

Rule: Paycheck

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Depending upon the situation you may want to assume control of the finances, this is a big responsibility but if you are up for it then when he gets home make sure he gives you his paycheck or his cash.

You can set him up with an allowance; if he runs out of money then he is done until he gets his allowance again.

Rule: No Smoking / No Drinking / Etc..

☐ Yes

☐ He is not ready for this rule at this time

☐ No

This rule is obviously dependent on whether or not your submissive husband does any of these things and if you don't like them you can put a stop to that rather quickly by simply putting your foot down.

Do keep in mind that things of this nature can have addictive properties and as such should be dealt with in an agreeable and manageable manner as to allow your husband to be successful in stopping whatever bad habits he may have in the most successful manner that is available.

You are working to improve your relationship not just punish your submissive husband.

So those are some of the basic non sexual rules that I have implemented in my relationship with my submissive husband I know some of you have purchased the E-Book and some of you have purchased the hard copy book, for those with the hard copy book I have added a few pages for you to add your own rules so you can keep track and since many rules are a personal preference or due to specific circumstances.

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Household Chores

This will pertain to duties and requirements to maintain a household

So let us get started then

Once your husband agrees to be the submissive one in the relationship and he agrees to you being in control in all things I would start him off slowly at first, get him to do a few things around the house that he normally doesn't do. If he is really kinky you can make him do it in panties and stockings or naked for that matter, but that is something you will have to decide for yourself, I mean it will after all be up to the wife in how she enacts this book into the life of the relationship.

Me personally I am big into humiliation so I always try to add a little healthy dose of that as well into my chores, but that is entirely up to you. If you are going to go about this process without extra kinkiness then just take out the parts that don't do it for you.

Household chores are so important, and these are something that the man of the house always shy's away from thinking they are beneath them. Well once the show is on the other foot, they are no longer beneath them because he is now beneath you so all those things you were expected to do as the house wife, are now part of his responsibilities. This is why I think it is perfectly acceptable to make the submissive husband dress the part as the house wife. He needs to be comfortable in his new role so don't be afraid to dress him that way.

Rule: Cleaning up after every meal

☐ Yes

☐ He is not ready for this rule at this time

☐ No

This rule is a pretty basic rule that the submissive husband should have no problem in doing. It is also a good place to start when it comes to household duties, after all why should you have to clean up anything anymore that is one of the benefits of having a submissive husband in the first place. The wife should be able to relax after having a meal she shouldn't have to do dishes and scrap food off of plates that type of work is beneath the Dominant Wife. The only thing that the Dominant Wife should have to do is to check the submissive husbands work, and tell him what a good job he did in cleaning up after eating or if he did not do a good job she should administer some sort of punishment because of his lack of good work ethics.

Punishments can be almost anything and I will leave that part of it up to you as the Dominant Wife to make sure the submissive husband is properly punished for work done poorly.

Personally I think the best way to punish the submissive husband for any infraction is to make him choose another rule from the book to be enforced. It may sound like he is getting off easy but the way men act it won't be long before he will be adhering to all the rules in this book because of those simple infractions.

Other ideas for punishments that are often utilized in simple housework done improperly is to have them do the activity naked or maybe make him wear pretty panties while he is doing the dishes, of course if you want to go all out make him wear a maids outfit while doing the activity. I just love to watch my own submissive husband work around the house in his Latex French Maid outfit complete with fishnets and high heels.

But I think you get the idea with this one.

Rule: Making the Bed

☐) Yes

☐) He is not ready for this rule at this time

☐) No

One of the things that makes a person or couple's bedroom really stand out is when the bed is made, this should be something that is done first thing in the morning, you can set a specific time frame for him to do it before breakfast or after he gets dressed for work, or whichever that is entirely up to you. Just remember that when you set a rule up as his, then it becomes his responsibility to accomplish and abide by the rule. That means if you check yes, then this is his chore and not yours. You will have the responsibility of coming up with an appropriate punishment if the bed is not made when it is supposed to be. This would also go for if the bed is not made to any standards that you set for him.

An important part of being the Dominant Wife in this regard and many other situations as you move forward is that you both are in total agreement of what is to be expected. So maybe sit down and find out exactly the proper way to make the bed this way there can be no misunderstanding once the rule is set.

You Tube is great for things like this you would be surprised what comes up when you type in certain everyday phrases like "How to make a bed"

A simple punishment that I use for minor infractions is that if you can't make the bed correctly then you are not allowed to sleep in it. A couple of nights on the hard floor usually do the trick. You could also make him sleep on the couch, which would be a good night to masturbate and be really vocal about it so he knows what he is missing out on. Make sure you leave the used toys on the bed so he can clean them up and put them away the next morning when he makes the bed.

If however he simply forgets to make the bed, then that is a more serious offense and should be dealt with corporal punishment, I am sure when those tears start rolling down his cheek as you strap his ass with his own belt that he will make sure he doesn't forget again to make the bed.

Rule: Picking up / straightening

☐ Yes

☐ He is not ready for this rule at this time

☐ No

It is so easy for things to just build up on the coffee table or end table and you can't have that going on in a clean house, you will need to set a time frame for when everything should be cleaned up but this should take place every day. This means all the trash, the cups, forks, or anything else that is out of place needs to be put away. You will need to inspect this daily and for everything out of place you need to have a firm hand with him, I would suggest a belt or paddle at this point and for each item he will get five hard swats on his ass, so if he left ten items out of place you will beat his ass fifty times because of it. Don't slack on the beatings ladies, it is for his own good, if he has agreed to do this then he should be doing it correctly and rules are rules and if you put one in place then it is your responsibility to make sure he adheres to it or pays the price for it.

Rule: Sweeping and Vacuuming

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Dust can build up quickly on a tile or wood floor even if it is not visible at a glance you know that it is there and it is something that should be handled on a regular basis. If you have a specific day that you do this type of cleaning then if you assign it to your submissive husband then it becomes part of his responsibilities.

This is usually one of my favorite ones for my house slaves, I love sitting on the couch watching them run the vacuum or pushing a broom. Sometimes I will pick out little outfits for them to wear during the chores. I have two house slaves so one I usually have dressed up in stockings and a little French maid outfit. The other one is well endowed so he does his chores so I can look at one of his biggest assets.

Enjoy yourself with this one and look at it as one less thing you have to do and one more thing he is doing to please you.

Rule: Washing Dishes

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Now this is a very important one, doesn't matter if you have a dishwasher or if he has to wash the dishes by hand, they need to get done every night. In addition to the dishes being washed the counter and stove tops will need to be wiped down each night as well you don't want crumbs on the counter now do you, of course not.

One of the things that you can do as a punishment for improper handling of this chore or if you want to incorporate this as a punishment for a different infraction you can make him wash and dry the dishes by hand.

Part of the washing the dishes is of course drying if done by hand and being put away, the kitchen should sparkle each night before he is allowed to retire for the evening to other more fun activities.

You however can do whatever you want to do watch TV or something else you desire after all you are the Dominant Wife and these chores are now beneath you.

Rule: The Trash

☐ Yes

☐ He is not ready for this rule at this time

☐ No

As I stated I am into humiliation a little so when I make my boys take the trash out it is usually done in high heels just on the off chance that the neighbors are out and about they will be shamed a little for being in heels. My neighbors already know about them but it is still fun watching them do this.

Of course any of the little intricacies of how you make the rules are up to you.

Be sure that not only is the trash taken out but new bags are put into the containers.

This is also more than just the kitchen can but all the bathrooms as well and where ever else you may have a trash can.

Rule: Watering Plants

() Yes

() He is not ready for this rule at this time

() No

If you have plants around the house, the responsibility of maintaining them should be on his shoulders this means watering pruning and so forth so they are always in good shape. If a plant dies on his watch the punishment should be severe.

If one of my plants die then that boy gets two kicks to his balls, one is not enough you see you have to get him to stand back up and accept the second one which is the one that will make him more careful in the future.

Now don't break your boy either but make sure he understands his error

Rule: Getting the Mail

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Every day he should present the daily mail to you; this should also include the mail that may have come for himself. It is up to you to present him back with his mail, it is always a good idea to make him open his mail in front of you this way he understands that he will have no privacy in the relationship. With that being said, make sure you never open your own mail in front of him he needs to understand his place and that you have the right to privacy from him and his prying eyes.

I love it when I get letters or cards in the mail, and I make my boys leave as I open and read them they feel so left out and even get jealous thinking that I am enjoying another's affections other than their own.

Rule: Washing Clothes

☐ Yes

☐ He is not ready for this rule at this time

☐ No

This is a big chore, and one that you may want to quickly give over to your submissive husband, but you may want to rethink that at first. You may need to train him on the proper way to wash clothes, so often is the case that they just throw everything in the machine and turn it on not realizing that you need to separate the colors and the whites and so on based upon the material type. You don't want your clothes ruined so do it right and work him into this under your supervision you will be so much happier with a man who is doing it right more than a man just doing it.

Other things you will need to teach him how to do is Ironing, he will need to know what needs to be ironed and what does not need to be ironed.

Another aspect if putting clothes away, he will need to be trained on what gets folded and how it gets folded and what gets hung up and even sometimes where it goes.

This is a great time to organize your closet since you won't have to maintain it after this, some people will organize it by article type and then by color. This is very important that he understands how the closet will need to be kept since if you go into the closet and see something out of place well then it is time for a punishment to be administrated.

This was about the time I introduced my boy to feminization since he was always getting excited about handling my delicate panties and stockings it was only natural that I began to insist that he start wearing them as well.

Rule: Blinds and Ceiling Fans

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Dust gathers so quickly on the blinds and the ceiling fans, whether you allow him to use the vacuum or if you make him use the duster this is a great chore to have him do in high heels and stockings, nothing more scary then cleaning the front window blinds and seeing the neighbor walk by as you are dressed up that way.

Rule: Cooking and Meal Preparation

☐ Yes

☐ He is not ready for this rule at this time

☐ No

This is another simple basic rule that can easily be instituted these days, I mean we are not in the dark ages anymore and most men have some semblance of knowledge in the kitchen. You could start him as slowly or you could push him out of the boat and let him sink or swim. Either way why should the Dominant Wife have to slave over a hot stove, let him look things up on the internet or watch some cooking shows or hell make him go by a cookbook. He may not get it right off the bat but he will get better, and just think each time a meal is served incorrectly or if it doesn't taste acceptable to you, you have every right to punish him for his not meeting your needs. That is his job after all as your submissive husband, to meet your needs.

This is the perfect time to introduce him to spankings, if he has prepared an unsuccessful meal for you, you have every right to take him over your knee and give him a good spanking. I would not use your hand and he should remove his pants and underwear prior to the spanking as well. Order him to get your hair brush those work very well for spankings and it will likely not be something he forgets quickly when his ass is red and sore from the beating.

Now granted this may not be something you want to do if you have guests over, of course if he is into humiliation then whether or not you spank him in front of friends is really up to you. You could always threaten him with just that if he messes up a second time. Think how humiliated if friends are over and you take him over your knee. I did that to my submissive husband once and it was so exhilarating I literally came in the chair as my friends watched me beat his ass until there were welts on it and he was crying uncontrollably. I made him apologize for the food and then he got on his knees and thanked me for spanking him. My friends were at first totally freaked out by that but hey it's my house and I can do what I want in my house and so can you.

Rule: Take care of all grocery shopping

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Another simple and basic necessity of any household, but why should the Dominant Wife have to spend hours pushing a cart up and down isles looking for food, using coupons, and the like. That is not a proper place for a woman of our stature; this is again a proper use of your submissive husband.

What I like to do is have my husband check the refrigerator and the pantry making a list of everything we need for the week and when he is done he will bring the list to me and I will look over the list and add or subtract from it as I think accordingly. For instance if he likes a particular type of cereal but I don't think he deserves it, or maybe I think he needs a more healthy cereal I will make the necessary changes.

He should also be in charge of making sure that toiletries are taken care of as well. There should never be a time where the Dominant Wife desiring to take a shower should find out there is no shampoo. Infractions such as this should not be tolerated and if occurs the submissive husband should be punished accordingly.

What I usually do with my own Subbie Hubbie, is that if I have to change anything on the list he will be forced to go shopping with a butt plug up his ass. If the changes or additions to the list consist of ten or more things I take that same butt plug and coat it with peppermint oil so his ass will be on fire as he is walking up and down the aisles.

There are lots of other things you can do with this one, if for instance you want some more time to yourself, you can tell him to alphabetize the shopping list and that he has to get each item in the order on the list, this will keep him walking around the store for quite some time so you can enjoy some privacy for yourself. Now think of him having to do that with a peppermint butt plug up his ass.

Make sure you check the groceries periodically to see if he got everything on the list, take the list and make him show you each item if something was forgotten from the list there should be an appropriate number of whacks with your hairbrush, I like to use 5 whacks for something missed. On the other hand of things if he got something that was not on the list you should review that accordingly as well if it is something you agree with, you should only whack him one time with the hair brush, however if it is something you disagree with then he should get ten whacks with the hairbrush. He must learn to obey you in all things this is important.

Rule: Cleaning all bathrooms in the house

☐ Yes

☐ He is not ready for this rule at this time

☐ No

This is an important rule because it is the first one in the Domestic duties where you submissive husband will begin to feel his place as your servant. Nobody wants to clean the bathroom, you should not let up on this chore, it should be regularly scheduled once or twice a week. You need to stay on top of him to make sure he does a good job, if he is going to slack on a rule it will most likely be this one. He should be mopping the floor, scrubbing the tub or shower floor, as well as the walls of the shower. He needs to clean the glass door or if you only have shower curtain he needs to make sure there is no mold or mildew on the bottom of the curtain. Let us not forget for him to scrub the toilet bowl, cleaning the lid and even behind the toilet. As always you need to check his work to make sure he did it properly, mistakes should be pointed out and appropriate punishments should be administered for any lapses in cleanliness.

Now I personally love to make my husband clean the bathroom naked, and when he is being obviously very bad I will go so far as to make him wear my dirty panties while he is cleaning the bathroom. Just for the fun of it snap some pictures of him cleaning the bathroom naked, he will feel totally humiliated by that.

Rule: Maintaining the Yard

☐ Yes

☐ He is not ready for this rule at this time

☐ No

I would like to think he is already doing this one but you never know, he should be taking care of the yard in a way that you could be proud of your property. If he is not then you are going to have to set some standards so that he can work towards, don't forget a time limit to achieve those standards. If he can't do that he may need some added incentive, whether you use positive or negative encouragement that is entirely up to you.

Maybe for each period he is over his time limit for getting the yard to an acceptable level then he has to do the yard work in less clothing, or if you have a fenced in yard maybe in your clothing. Have fun with this but always remember once your neighbors know they will always know.

And now of course you will have your own rules you may wish to add so here is the place to do just that.

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Bedroom Rules

**This will pertain to conduct in the bedroom, up to and including any
sexual activity**

Rule: I am nothing more than an object of great value - an instrument my Wife will use to draw out Her pleasures.

☐ Yes

☐ He is not ready for this rule at this time

☐ No

He will really have to accept this rule up front before accepting the other more sexual rules. The submissive husband needs to understand his total existence is about aiding in pleasing the Dominant Wife. As such the Wife if it pleases her will use him as a tool for her pleasure, much like she would a vibrator or dildo. However if he is not a good tool he will not be used as often so he must understand that his very existence in the eyes of his Dominant Wife is up to him to maintain.

Rule: You will have sex when she wants to have sex

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Sounds pretty simple, and it can be, but it can also be quite difficult for the sub that is not prepared and ready. Sub's think they will get so much more sex if they are dominated and it is usually quite the opposite. One thing for certain and that is if the Dom Wife wants to have sex in whatever form she desires you better be ready to do just that.

The biggest issue with this rule is that the submissive husband wants to have sex and the Dom Wife does not. In the beginning you may find it rather annoying as the husband does his manly things trying to court your legs open. You need to be firm with him explain certain punishments that will happen to him if he continues to try and suggest sex when you do not want it. As the Dom Wife it is your job to initiate sex in the relationship not the other way around, and they will be sneaky.

Punishments that I have given to my submissive playthings when they cross the line are things like a good ball spanking; this will bring that sex drive of theirs down a notch or two. Be careful you don't want to break them down there but at the same time it is so sweet to watch them squirm and cry after their precious balls are knocked around a bit.

Rule: You will have sex the way that she wants to have sex

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

The simple fact that you allow your submissive husband to have sex with you should keep him quiet about this but sometimes they get stuck in there ways or find it more satisfying to have sex in a certain way or in a certain place.

Well that is no longer the case with this rule; the Dominant Wife will decide how and where she wants to have sex. If that is doggie style or missionary or with Her on top that is how it will be, of course the same is true if she wants to have sex on the beach or in the parking garage or out on the back porch so the neighbors can see.

Rule: You will not be allowed to play with yourself without her permission

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Now some people may shy away from the chastity belt or do not want to spend the money on it, though I tell you it is a great investment. But if you are saving up for one or are just starting out you need to make sure that your submissive husband understands that he is not allowed to play with himself unless you tell him he can. You are putting your trust into your submissive husband and as such it is a good test for him, if you catch him playing with himself you need to exact swift and painful retribution for him not adhering to your rule about it. This is where a lot of men mess up, they feel they can get away with it, after all it is there cock, or at least they think it is. You have to stand your ground on this one, once he has an orgasm he will not be as respectful as submissive so don't let this get out of hand.

Rule: No asking for release or sexual attention

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

As the Dominant Wife it is your responsibility to keep your submissive husband in line and as such during much of the beginning phase of this life transition he will want to beg and ask you for release, for sex, for your attention and such. He is supposed to be there for your pleasure not the other way around. It will be up to you to decide when he has earned the right to be released or receive any touching whatsoever.

And keep in mind that even if you do decide to allow him pleasure it will be you who decides on how far you will allow him to go.

Do you tease him up to the point of orgasm and stop?

Full Ejaculation

Penetration with no orgasm

Penetration with orgasm

And so on.

Rule: You will give over control of your cock and balls

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

The submissive husband has to understand that he will no longer be in charge of his cock and balls; they are so delicate and precious that they really need to be controlled by the Dominant Wife. This means that the submissive husband will need to get permission before he is allowed to have an orgasm, and by that I mean very distinctly that if the submissive husband cums without permission he will need to be punished. Of course you can use this to your advantage if you just simply want to punish you submissive husband for the fun of it by playing with him in any way you feel like and simply telling him not to orgasm and of course you continue pleasuring him until he can't hold back and lets go of his self-control, at that time you are free to punish him because he did not do what you told him to do.

Another form of controlling you submissive husbands cock and balls is to use a chastity device, there are many different types of chastity devices out there on the market so look around and see what you like, remember it isn't about what he likes, you choose you make the decision and he gets to live with it. There is just something about seeing my husband locked up in his chastity device and knowing that he can't even touch his cock because it is surrounded in hard plastic. I just love teasing him making his cock grow inside the small cage until it is bulging through the bars and he is very uncomfortable. In reality it is the best way to make sure your submissive husband isn't doing any extracurricular masturbation on his own. You want his cock to be ready for you when you are ready and wanting to have his cock inside of you, you don't want to hear that he played with himself and his pitiful excuse for a penis doesn't want to get hard now because he had his one orgasm during the day when you were at work. No sir, do yourself a favor and get his little cock and balls locked up the sexual frustration will make him a better submissive as he tries to please you and make you feel he is worthy for an orgasm.

Rule: To Receive Pleasure I Must Earn It

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

As the Dominant Wife you say if and when pleasure for your submissive husband is allowed.

He should know this and accept this, only when he does something for you deserving should you allow him to be pleased.

Once he truly understands your wants and desires a simple smile or a touch on the cheek you affection will be things he strives for and will do anything to earn from you. Don't go giving him a blow job because he put the garbage down before the garbage men came. The reward / pleasure should go along with what he did to earn it.

He remembered to separate the whites from the colors while doing laundry, maybe grope his back side as you tell him good job sweetheart.

Learned how to make your favorite dessert and surprised you with it.

Well then he deserves to lick your pussy while you eat the dessert.

I think you get the idea.

Rule: You will perform Cunnilingus on demand

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

One of the most important things a submissive husband should be good at is licking his Dominant Wife's pussy. As a good submissive husband, he should understand that the Dominant Wife's orgasm is central during any sexual activity. In fact he should not even expect to have an orgasm when he is allowed to service his wife. All of his focus should be on the wife's physical enjoyment of having her pussy licked. The submissive husband should expect to have this type of sex most of the time. He should take his time to learn how his Dom Wife prefers to have her pussy licked. Of course failure to lick properly or to fully satisfy his Wife should be punished quite severely so that he will undertake the necessary steps to improve his ability to perform oral sex for his wife. Many men have a problem with one aspect of this type of service to their Dom partner and that it is felt that they should be reciprocated in the same fashion. This should be quickly put to rest early on in this process, and it must be clearly understood who is serving who in the relationship. You should probably make it very clear to him that his proper place is between your legs with his mouth on your sex and not the other way around.

Remember as the Dominant Wife you control what goes on and when it goes on, it is up to you what is allowed.

As a side note it is important for the Dominant Wife to explain and communicate how she wants her pussy licked, and the submissive husband should damn well pay attention to this as it could very well result in a good spanking with a wooden hairbrush if he fails to take to heart his Wife's explanation of what he should do between her legs to make her feel good.

Rule: You will worship her feet

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Some women like to have their feet touched others do not, if you are one of those who enjoy the feeling then you should get what you want, and that would be for your husband upon command to go and get the lotion and massage your feet. You may want him to wash your feet as well, and if you are really into the foot thing you can make him lick your feet or even suck on your toes. Remember you are in control as the Dominant Wife and it is up to him to please you and your needs.

Rule: You will worship her ass

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Now some Dominant Women are into this and I personally enjoy it every once and awhile, it is a great way to once again show your submissive husband who is in charge. This can be done during a sexual experience or simply because you want to see him kiss your ass. So think of this rule as something that is for your pleasure or for him to understand his place in the relationship. I have often used it to further humiliate my husband which he craves. There is nothing more humiliating then being with some friends and for him to do something bad and be told to come over here and kiss my asshole as I lift up the back of my skirt, I remember his face the first time I did it to him and his buddy was on the couch watching him kiss my asshole, he was so embarrassed. Now granted that is a little over the top but you can see how you can utilize this rule in a number of ways which is what I was getting at.

Rule: If you cum inside of her you will lick her clean

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Now a lot of guys get all squirmy about this one, but it makes perfect sense and it will be up to the Dominant Wife to decide on exactly how it is implemented. Now a man needs to cum every so often even if he is in chastity, there are many ways you can learn to make your submissive husband cum without receiving any pleasure from it but that goes into something else entirely. Your submissive husband must learn to understand that his cum is precious and that it should not be wasted. As such if you are not trying to conceive a child then it should be mandatory that any time you allow your husband to cum inside of your pussy he should conclude the experience by getting between your legs and cleaning that mess up, and I am not talking about just licking the sides of your crotch for any sperm that may be there, I mean specifically he needs to get his tongue in there and lick his mess up. In the beginning it may work better if you get up and sit over his face so that gravity will help in bringing his cum back out so that he can lick it up and swallow it.

Rule: You will always eat your cum where ever it falls

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

It is simply good practice to get your submissive husband into licking his cum up no matter where it falls. He shouldn't be allowed to leave his mess just anywhere and you as the Dominant Wife need to enforce this rule one hundred percent of the time. So if he cums on the blanket, have him lick it up, if he cum in a condom then you should feed it back to him and make him suck his cum out of the condom. If he cums on your asshole then he needs to lick that up as well. I think you get the idea, cum comes out of him and then he gets down and licks it back up.

Rule: You will wear a chastity belt

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

I have been down this road a number of times with the submissive men I have trained for myself and my friends. Eventually you will just have to break down and lock his little good for nothing cock up in a cage and you will have to control the key for this cage. He will be like a little puppy dog once he doesn't have access to his cock. He will do almost anything to be allowed out of his cage for some play time and seeing as he realizes that you are the gate keeper he will be very eager to please you. It is so precious to watch a man's face as you slide the lock through the hole and click it shut.

Rule: You will allow your ass to be penetrated

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

One of the things I love about this rule is simply I get to wear the cock in the relationship, it is an amazing feeling having a large cock hanging from your crotch and it is even more amazing when you slide that large cock into your submissive husbands asshole. Always make sure you get a strap on that is larger than your submissive husbands own cock, you want him to know what it feels like to have a real man inside of his asshole. This way if you decide to cuckold him he will understand why you need a big cock every once and awhile since his cock is in adequate to really bring you the level of pleasure you want.

Now there are things you should know about and read about before just sliding a big plastic cock into your submissive husband's ass. As the Dominant Wife it is your responsibility to keep safety at the top of the list, I mean you don't want to break your submissive husband now do you? I mean at least not at the beginning anyway.

One thing I have learned is that you should take your husband's boy pussy cherry early on so he knows who really has the cock in the family which would be the Dominant Wife in a draw by her bed. Take him doggie style, missionary, hell make him get on top they are all very humiliating positions to be in for a man having a bigger cock then his own sliding in and out of his asshole.

Rule: You will allow her to flirt with other men

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Now this rule you will have to implement when you are both ready for it, some people get into this aspect of it others do not. Simply put as the Dominant Wife you have the responsibility to know if your submissive husband is ready or not to see you flirting with other men. Some submissives get all hot watching there wife flirt with other men and enjoy it, others not so much. The key ingredient in this rule is that you must have a good solid relationship with your submissive husband; you must take the time to ensure he understands that no matter what you love him with all of your heart and soul. This is a rule that could lead to extreme jealousy so make sure you have ground rules in place to cover everything and that you both can handle it, try it once and then talk about it before proceeding any further to make sure you both can handle it.

Rule: You will allow her to have sex with other men

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Well if you have your submissive husband locked up in a chastity belt and if you have been flirting with other men in front of him and he has been able to handle that, then the next step is to sit him down and talk about cuckolding.

Again this is a major rule and as such you both need to understand what the other one is thinking with regard to this. This is not something to jump into lightly; you both have to be on the same page for this to work. Most times this is not a threesome; with this rule other men might not want the husband around when they fuck his wife. Sometimes the husband is left at home or waits in the car, and some husbands can't handle that and can get quite angry or hurt.

Communication is very important here and cannot be stressed enough this could end your relationship in a bad way if it is not handled appropriately.

Now if you are able to take care of all the complicated stuff, there is nothing more fulfilling in a Dominant Wife's role then to be fucked by a man with a larger cock than her husband right in front of her husband. If your submissive husband is into humiliation this is the Olympic round for that, especially if he is in the same room watching some other guy fuck you, if the other guy is ok with it, you should have your submissive husband lie underneath you so he can watch that big cock sliding in and out of your pussy. It also works out well this way when the other man cums, he can either cum inside of you and your husband by then should be ready to lick you clean or the guy could simply pull out and cum directly in your submissive husbands open mouth.

You know he is truly yours when he lets another man cum in his mouth after fucking you.

Rule: When Friends come over

☐ Yes

☐ He is not ready for this rule at this time

☐ No

It is entirely up to the Dominant Wife who she lets in on the relationship status is, and if her girlfriends come over and she wants to embarrass and humiliate you she has that right.

If she wants you to disrobe in front of her girlfriends so they can see how she controls you, you will abide and trust in her. She may want you to lick them and you will do exactly as she instructs you to.

If some of her friends are men, you will do as instructed here as well including sucking there cocks or allowing them access to your boy pussy.

It is really all up to the instructions that your Dominant Wife gives you.

She is in Control so do as she says.

As before here is a space to come up with some of your own rules regarding the bedroom and sexual play time.

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

() No

© 1995 by the American Psychological Association

0893-3200/95/0000-0000\$05.00/0

Other Rules - More Extreme

These rules may or not be for you but are worth listing anyway

Rule: You must always wear Panties

☐ Yes

☐ He is not ready for this rule at this time

☐ No

What better way to control your submissive husband then to take his manly underwear away from him and make him wear panties. He will feel so submissive when he has to wear lacey frilly, silky pink panties full time. Make sure he watches you or that you make him throw all of his male underwear away, maybe even cut it up in front of him so he knows there is no going back.

Don't let him change his normal activities like the gym or the doctor he should still have to change he will be so scared and nervous it will be loads of fun for you though.

Rule: You must always have your toenails painted

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Well if you are going to go the panty route then you might as well have him paint his toe nails. Many men are doing this they even have nail polish specifically for men with manly names.

It's just another part of his manliness that you will take away from him simply because you want him to be more feminine.

These could also be used as a good punishment for him.

Rule: Must always sit down to pee

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Well if you have him in chastity then he is already doing this but if not then this way you don't have to worry about pee stains on the bowl anymore or finding it up instead of down. He is after all supposed to be doing things for your benefit isn't he?

If he can't seem to do this and you don't have him in chastity then you know what to do.

Then he will sit down no matter what since he has no choice.

Rule: Your face and body must be free of hair at all times

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

I personally enforce this one right up front, I want my submissive husband to be as soft and smooth as I am, and if I have to work hard at this then so should he, after all he is here to please me, I don't want to feel his hairy legs or touch his bushy ball sack.

I want it all gone and so should you, make him take the time to demonstrate just how much he is concerned about his personal appearance.

Of course if he can't do it you can always take him down to the salon and they will do it for him.

In fact if he has back hair don't waste your time helping him with waxing, time for him to get that done professionally and maybe even introduce him to a Brazilian wax.

Rule: Use only female deodorant and shampoos

☐ Yes

☐ He is not ready for this rule at this time

☐ No

No more multiple deodorants and things of that nature, from now on whatever you use, he can use to, he this can be deodorant or shampoo, or razors, the works.

Take all of his stuff out and throw it away or make sure when it is finished that he buys your brand and only your brand of toiletries.

You can even make him ask you before he uses it each time.

Rule: Get some mild perfume for him to wear

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

He should smell pretty, and it should be something that you enjoy smelling, of course if it is perfume that is great but in the end it is up to you.

Rule: Nightgowns at bedtime

☐ Yes

☐ He is not ready for this rule at this time

☐ No

As a rule that I enforce my men either sleep naked or in nightgowns, no just underwear or shorts or anything manly like that. I want to be able to reach over and play with my toy so he either is in nothing or something dainty and silky for me to touch him through.

Don't let him wear your own night gowns have him go get his own and make sure he picks out a pretty robe as well, no terry cloth thing, something silky and short.

Rule: Read Woman's Magazines

☐ Yes

☐ He is not ready for this rule at this time

☐ No

What better way for him to understand you then to understand women in general better, this can be accomplished by his reading women's magazines. The more he knows about being a woman the more he can appreciate what is involved and how he can help and aid us rather than be just a dumb man.

Rule: Wear stockings instead of socks

☐ Yes

☐ He is not ready for this rule at this time

☐ No

I don't see why everyone doesn't wear stockings they are sexy and work well in all conditions.

Pack up those socks and into stockings he should go, knowing that he is wearing them is hot especially if he is at work, he will be so nervous and turned on. You do after all want him aroused as much of the time as possible.

This will increase his attentiveness for when he gets home to you.

Make up your own more extreme rules for your submissive husband

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

- ☐ Yes
- ☐ He is not ready for this rule at this time
- ☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Rule:

☐ Yes

☐ He is not ready for this rule at this time

☐ No

Various Punishments and ideas for your consideration

1. Spanking
 - a. Hand
 - b. Paddle
 - c. Belt
 - d. Hairbrush
 - e. Riding Crop
 - f. Yard Stick
 - g. Cane
 - h. Flogger
 - i. Many other options but be safe
2. Paint his toe nails
 - a. You choose the color
 - b. Make him choose the color but if you don't like it make him do it again
3. Paint his finger nails
 - a. Use Clear if you don't want others to know
 - b. If it is the weekend paint them with a color and humiliate him
4. Chastity Device
 - a. If you don't have one you need to get one, you need to control his cock and balls and the only way to do this is to lock them up and hold the key
5. Spank his Balls- be careful you don't want to damage or go to the hospital, do some research
6. Order him to strip and stand at attention with his legs spread.
 - a. It is more effective if you remain fully clothed.
 - b. Order him to get hard and masturbate for you. If he starts to enjoy it, make him stop.

7. Foot worship humbles the man, so have him do it often, even in front of others you choose to share it with. Make sure the tongue bath is complete, and enjoy having your toes sucked
8. Tease him with your ass, make him kneel behind you and beg to kiss your rear. Let him know that this is privilege which must be earned. Make him beg until he is crazy with desire.
9. Cuff his hands behind him or to his belt, and see how quickly he can remove your panties with his teeth.
10. Secure him to the bed and tease him like crazy for hours on end! Get creative; a bag of ice cubes on his balls will bring him down, warmly massaging him with hot oil will get him hot, and to really drive him crazy, masturbate him with just the lightest of touches. Keep him on the edge for as long as you wish, extracting promises all the way... and once he reaches his limit, don't let him orgasm! He'll be begging you for more...
11. Tie his balls off to some furniture placed behind him so he has to stretch his balls to lick your panties or kiss your ass... always stay just out of reach
12. Attach objects to his balls with string or rope. A little weight will test his limits, or have him drag the weights across the floor, trailing him while you walk beside him and whip his ass!
13. Show him how you like to masturbate. Use your toys and make him watch and learn what you like.
14. Strap the dildo to his face or place it in his mouth. Make him satisfy you with it. Have him do you from behind this way, so that his nose presses against your anus.
15. Always have him lick your toys clean.

16. Get him in the habit of wearing a cock ring or harness, even a cat collar if it fits, massage him until he gets hard, and whack the head of his cock with a ruler, your hand or a flyswatter. Tell him he's a bad cock.
17. Whether he likes it or not, have him wear your panties and lingerie (or make him buy his own!). He'll be so dear dressed up as a little girl or a French maid, serving you (and guests?) dinner and tending your drink while you relax, reading or watching TV. Send him to kneel in the corner of the room until he is needed.
18. Of course, he must always do the housework nude, or in women's clothing.
19. An important service he must learn to perform is the hand-washing of your delicates and lingerie.
20. Place a collar and a leash around his neck and put him through his paces as your puppy. During these special games together, he must also eat his dinner from a dog dish on his knees, while you enjoy your dinner at the table.
21. You go Cowgirl! Train him to let you ride him around the house as you own little private pony boy... still have your girlhood pony spurs? And don't forget the riding crop!
22. Tie him up in front of the sink while he does the dishes.
23. Does he need an attitude adjustment? Then dress him up like the slut that he is, put on your favorite strap-on dildo and make him beg to suck it, being sure to wait until he is really pleading, with an earnest voice. When he has sucked it for a while, bend him over and fuck him with it until you cum.

24. Keep his mind on you and prevent unfaithfulness by making him wear your lacy underwear under his regular clothes. He will think of you all day, and will be less likely to stray, for fear of embarrassment.
25. Make him get hard... as he starts to rise, hand him a bottle of lotion and order him to start stroking. Tell him that he has until the count of 100 to cum, but only if you give the OK. As he begs for permission to cum, forbid it. If he cums anyways, punish him.
26. You can always whip him 10 times for every minute it takes for him to get himself off.
27. If you decide to let him cum, make him do his business onto your foot or on the heels of your boots. Or have him cum onto a small saucer or your ass. Of course he must lick up after himself, and after an orgasm, he will be more susceptible to this humiliation
28. Have him masturbate himself right to the point of orgasm. Instruct him to stay there and wait for your permission to cum. Then command him to cum before you count to twenty. If he doesn't shoot off on your command, punish him, or don't let him orgasm for a couple of days.
29. If he is wasting your time seeking relief, order him to jerk off 3-5 times in one afternoon. If he starts to flag, you can do it for him... get creative, wear gloves, menthol cremes, add sand to the Vaseline... angora is always a nice start...
30. When heading out for the evening, have him tie himself up, naked of course, or in woman's clothing. If not tied up in the bedroom or garage, he must greet you kneeling at the door.
31. Have him come up with new forms of punishment

32. Called the 'Monk's Prayer', let him reflect by securing his bound ankles to his balls.
33. Hog tie him, that's ankles and wrists tied together behind his back while he lays on his stomach.
34. Hang him from the ceiling by his wrists... you'll soon have his undivided attention
35. Secure him bent over the armchair, and secure him well! This position is great for spanking, as he is completely vulnerable and exposed. Stuff things into his rectum, but be careful not to cut him. Get a pair of doctor's gloves and give him a nice anal exam... now is the perfect time to explore his prostate and practice your milking techniques.
36. One of my favorites is to tie up his balls and cock with a long string, like clothes line, leather thongs or boot laces. A long piece works best, wrap the base and balls repeatedly, until they stand out separately. Once he's nice and secure, measure his balls for heft and texture. Make sure he knows in no uncertain terms that these belong to you now... and you shall do with them as you please. You can use them for pleasure, or pain, and show him both so that he associates the feelings with your presence. Squeeze them tight and ask him who they belong to. Make a recording of this to remind him when he gets cocky.
37. Attach clothes pins to available surfaces, the testicles are perfect, then get out the strap-on and go to town.
38. One word; Enemas.
39. Orgasm denial is the most fun you can have with his dick, so make sure he has to ask you for permission to cum. Whenever possible, deny his orgasms for long periods of time.

40. Tie him down and drip candle wax on his sensitive areas. Encase his cock in wax, and get creative with the colors!
41. Get a nice pair of opera length gloves and tell him he has to learn about face spanking. He shall kneel before you and make his face available, while you slap him repeatedly, varying your stroke. He should get a little dizzy, but your admonishments will get through.
42. Corner time (making him spend a couple of long, boring hours with his nose to the wall is punishment enough.).
43. Taking away privileges like no television and no computer for a specified length of time (maybe a weekend, maybe an entire week).
44. Early bedtime for a week (after he finishes his nightly chores off to bed)
45. Writing Lines - Make him sit and write lines. 'I will not leave the toilet seat up' 500 times. In neat cursive writing.
46. Soap In The Mouth - Is he talking back? Soap in the mouth works wonders. Put a bar of soap in his mouth and leave it there. The worse the infraction the longer the soap stays in. If you don't have a bar of soap, a mouthful of liquid soap works just fine. (Don't let him swallow it, as soap can cause internal distress and is not intended for ingestion.)
47. Penny On The Wall - Give him a penny and tell him to hold it on the wall with his nose. This is much more difficult than it sounds.
48. Errands - Do you have a craving for something that can only be found at a remote, out-of-the-way place? Send him there with specific instructions and a time limit.
49. Lots of Chores or Dirty Chores - Make a LONG list of chores that he must complete. Or have him wash

all the windows in and out. Or clean out under the fridge, washer, and dryer. Exhaust him with chores.

50. Weekend Grounding - Friday evening until Monday morning he stays in the house. All plans are cancelled no matter how long ago they were made. He won't forget to take out the trash again!
51. Loss of Dishwasher Privileges - Everything gets washed by hand, dried, and put immediately away
52. Public Embarrassment - Make him wear a t-shirt in public that says 'My Wife Is A Goddess'.
53. Ass Kissing, make him beg to kiss your ass
54. Tie him up and tickle him
55. Have him shave your legs for you.
56. Tie him in an uncomfortable position
57. Butt plug up his ass
58. Give him a girl's name or just sissy

A Note From the Author

Well here it is the end of another project, I get mixed feelings when I come to the end of a project, I enjoy writing so much that I am sad to be at the end but at the same time I know that now others will get a chance to experience my wonderful lustful and sometimes sadistic thoughts. I just have so much fun writing about the experiences I have with my own submissive play things, they are such good little boi's all dressed so pretty and they do whatever I ask of them, well they know they will be punished if they don't.

So now it is your turn to once again do what I ask of you.

I would like to hear from you, I am going to give you my personal email address so you can contact me so that I can get your feedback on the stories and the assignments and anything else you would like to tell me about. I would love to hear about your own stories and experiences, I just love it when I get email from the people who read my work, so don't hesitate to contact me, who knows maybe I will give you a special assignment just for you.

Write to me soon.....I always write back....

Love

Mistress Jessica

Mistressjessica01@gmail.com